

# The Portland Resource

Aging and Disability  
Resource Center of  
Fond du Lac County

Summer 2021



We hope you enjoy the Summer Edition of The Portland Resource. As always, you can get a copy of The Portland Resource one of three ways:

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov)
- Going to the ADRC website
- Picking up a copy at the ADRC

**Any feedback or questions, please contact Stephanie at (920) 929-3466.**

*Contact Us*

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The Aging & Disability  
Resource Center of  
Fond du Lac County is  
located at

**50 N. Portland  
Street  
Fond du Lac, WI  
54935**

Office Hours:  
Monday-Friday  
8:00 am- 4:30 pm  
(920) 929-3466  
[www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc)

**Walk-Ins  
Welcome!**

# Disability Benefits Specialist Information

Source: <https://www.ssa.gov/pubs/EN-05-11002.pdf>

2021



## Fact Sheet: Supplemental Security Income (SSI)

### What is SSI?

- SSI is a Federal program that provides financial support to people who are age 65 or older, blind, or disabled, with limited income and resources. Children who are blind or have a disability may also get SSI.
- For an adult, the medical condition must prevent you from working and be expected to last at least one year or result in death.
- There are different rules for children. For more information, read *Benefits for Children With Disabilities* (Publication No. 05-10026).

### How much can you get?

- The basic monthly SSI payment for 2021 is the same nationwide: \$794 for one person; \$1,191 for a couple.
- Not everyone gets the same amount. You may get more if you live in a state that adds money to the federal SSI payment. You may receive less if you or your family has other income. Where and with whom you live also affects the amount of your SSI payment.

### How do you qualify for SSI?

- General tax revenues, not Social Security taxes, fund SSI. You do not need to have worked or paid Social Security taxes to qualify for SSI.
- Your income and the things you own affect eligibility for SSI.
- Your income includes the money you earn, any Social Security benefits, pensions, and the value of items you get from someone else, such as food and shelter.
- You may be able to get SSI if your resources (the things you own) are worth no more than \$2,000 for a person or \$3,000 for a married couple living together. We don't count everything you own when we decide if you can get SSI. For example, we don't count a house you own if you live in it, and we usually

don't count your car. We do count cash, bank accounts, stocks, and bonds.

- You must live in the United States or Northern Mariana Islands to get SSI. If you're not a U.S. citizen, but you are lawfully residing in the United States, you still may be able to get SSI. For more information, read *Supplemental Security Income (SSI) for Non-Citizens* (Publication No. 05-11051).

### How do you apply for SSI?

- Visit our **SSI Benefits** webpage to learn if you can begin the application process online.
- Once you complete the online process, a Social Security representative will contact you if we need additional information.
- If you cannot apply online, you can call 1-800-772-1213 (TTY 1-800-325-0778) or your local Social Security office.

### Did you know?

- If you get SSI, you usually can get benefits from the Supplemental Nutrition Assistance Program (SNAP) and Medicaid too. SNAP helps pay for food and Medicaid helps pay doctor and hospital bills.
- People who have worked may also qualify to receive Social Security disability or retirement benefits in addition to SSI.

### Other resources

- You can learn more about the SSI program in our publications, *Supplemental Security Income, You May Be Able to Get Supplemental Security Income, A Guide to Supplemental Security Income (SSI) for Groups and Organizations*.
- You can also help someone you care about apply for benefits and access SSA services by visiting our **People Helping Others** page.



Securing today  
and tomorrow

SSA.gov |     

Social Security Administration  
Publication No. 05-11002  
March 2021

Fact Sheet: Supplemental Security Income (SSI)  
Produced and published at U.S. taxpayer expense

If you are between the ages of 18-59 and have questions about disability benefits, please call and speak with our Disability Benefits Specialist, here at the ADRC: 1-920-929-3466



# WORLD ELDER ABUSE AWARENESS DAY

Building Strong Support for Elders

3

## **June 15<sup>th</sup> is World Elder Abuse Awareness Day!**

If you suspect someone is a victim of Elder Abuse,  
contact the ADRC at (920) 929-3466 to  
make a report.

***Help us take a stand against elder abuse!***

In 2020, **252 Adult Protective Services Cases** were  
investigated in Fond du Lac County. Of those 252, **190**  
**individuals were considered elderly (age 60+).**



In honor of World Elder Abuse Awareness Day, the  
ADRC/APS will be setting up a display in Fond du Lac  
County Veterans Park on the corner of 4<sup>th</sup> and S. Main  
Street. The display will be viewable to the public:  
June 10<sup>th</sup>-18<sup>th</sup>.



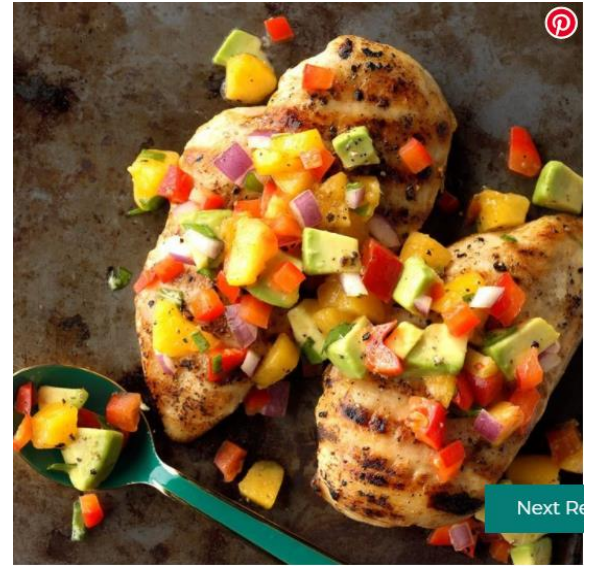
## RECIPE BOX

# Chicken with Peach-Avocado Salsa

<https://www.tasteofhome.com/recipes/chicken-with-peach-avocado-salsa/Asking for Help>

### Ingredients:

- 1 medium peach, peeled and chopped
- 1 medium ripe avocado, peeled and cubed
- ½ cup chopped sweet red pepper
- 3 Tablespoons finely chopped red onion
- 1 Tablespoon minced fresh basil
- 1 Tablespoon lime juice
- 1 teaspoon hot pepper sauce
- ½ teaspoon grated lime zest
- ¾ teaspoon salt, divided
- 4 boneless chicken breast halves (6 ounces each)



### Directions:

- For salsa, in a small bowl, combine peaches, avocado, red pepper, onion, basil, lime juice, hot sauce, lime zest, ¼ teaspoon salt, and ¼ teaspoon pepper
- Sprinkle chicken with remaining salt and pepper. On a lightly greased grill rack, grill chicken, covered, over medium heat 5 minutes. Turn; grill until a thermometer reads 165°, about 7-9 minutes longer. Serve with salsa.

### Nutrition Facts:

Per Serving: 1 chicken breast half with ½ cup salsa: 265 calories, 9g fat, 94mg cholesterol, 536mg sodium, 9g carbohydrate (4g sugars, 3g fiber), 36g protein. **Diabetic Exchanges:** 5 lean meat, 1 fat, ½ starch

## Asking for Help

Everyone needs help from time to time. Sometimes there is an urgent need such as a sudden illness or the death of someone close. Sometimes it is just a tough week when lots of little things go wrong. And still other times we simply find we are unable to do all the things we used to do. As a caregiver, the responsibilities can feel purely overwhelming at times. Whatever the case, we all find ourselves in a position where we need a little bit of help.

It can be so hard to ask for help! We are taught to take care of ourselves and see asking for help as a sign of weakness. We may tell ourselves that it will get better or that there isn't anything anyone else can do anyway. As a caregiver, we may feel that no one else can really do our job. We may even talk ourselves into thinking we actually don't need help, but deep down, we know we could use some assistance. Admitting that we need help is the first step to getting help.

When you are ready to ask for help, be specific in what you need the most. Sometimes you need something tangible like groceries or medications delivered, a ride to an appointment, your house cleaned or a meal prepared. Other times you may just need someone to talk. If you're not sure what you need, ask a friend, relative or counselor to help you. Write down your needs. Allowing yourself to name your needs can be hard, but it is a necessary step to getting help.

While you review your list of needs, determine the times you need help the most so that you may arrange for help ahead of time. Then think about the people you know who you might be able to help. Consider asking neighbors, people you've met at church or community centers as well as family and friends. Many people would feel honored to be asked to help.

The next step is directly asking for help. It is best to be specific in your request, "Could you pick up some groceries for me sometime today or tomorrow?" or "Would you be able to take me to an appointment next Monday?" or "Could we schedule a phone this week? I just need someone to talk to." By being specific, it is more likely for your need to be fulfilled and it also makes it easier for the person helping to know exactly what you want. If the answer to your request is no, don't get discouraged. It may take a few tries to get someone who can assist you.

Sometimes when people offer to help it may catch you off guard and you can't think of anything you need right at that moment. To remedy this, keep a pencil and paper handy and write down the various things you could use help with as you think of them. Then when people ask, "How can I help you?" you can simply consult your list and give them a specific task. Writing things down as you think of them helps you remember the things you need and it also allows people to choose something that they feel most comfortable with.

Once you have successfully allowed others to assist you, continue to evaluate your situation. Needs change. You may find that you no longer need what you did before. Or there may be different areas where help is needed. Just make sure you are getting all your needs met so you can be as healthy and happy as possible.

**Contact Lori, Fond du Lac County Department of Senior Services at 920-906-4792 for more information on help for your Caregiving situation.**

Article provided by Jane Mahoney  
Older Americans Act Consultant  
Greater Wisconsin Agency on Aging Resources

## TECH SUPPORT & MYCHART HELP

Learn to Zoom, set up a Facebook account, learn how set up your MyChart account, learn to use email or search the internet. This is a one-on-one appointment to take care of your tech related needs. Bring your personal laptop, tablet or phone. You can also learn using one of the Waupun Senior Center laptops. Participants need to register by calling 324-7930. Appointments can be scheduled anytime throughout the month.



## WE ARE WISCONSIN DRUG REPOSITORY

Church Health Services, Inc. is seeking unused/ unneeded medicines and medical supplies. You may be able to help us or receive free:

- Prescription & Over the Counter Medications, Insulin & Diabetic Supplies
- Medical Supplies (wheelchairs, walkers, canes, adult diapers, etc.)

As a drug repository member with a licensed pharmacist, we are able to accept, store and dispense donated medications and medical supplies to individuals who are low income. Please do not bring any opioids and leave all items in the original container. To find out if you are eligible to receive or to learn more; call 920-887-1766, option 1 or email us at [info@churchclinic.org](mailto:info@churchclinic.org). Drug repository donations can be brought to the Waupun Senior Center by appointment only by calling 324-7930.



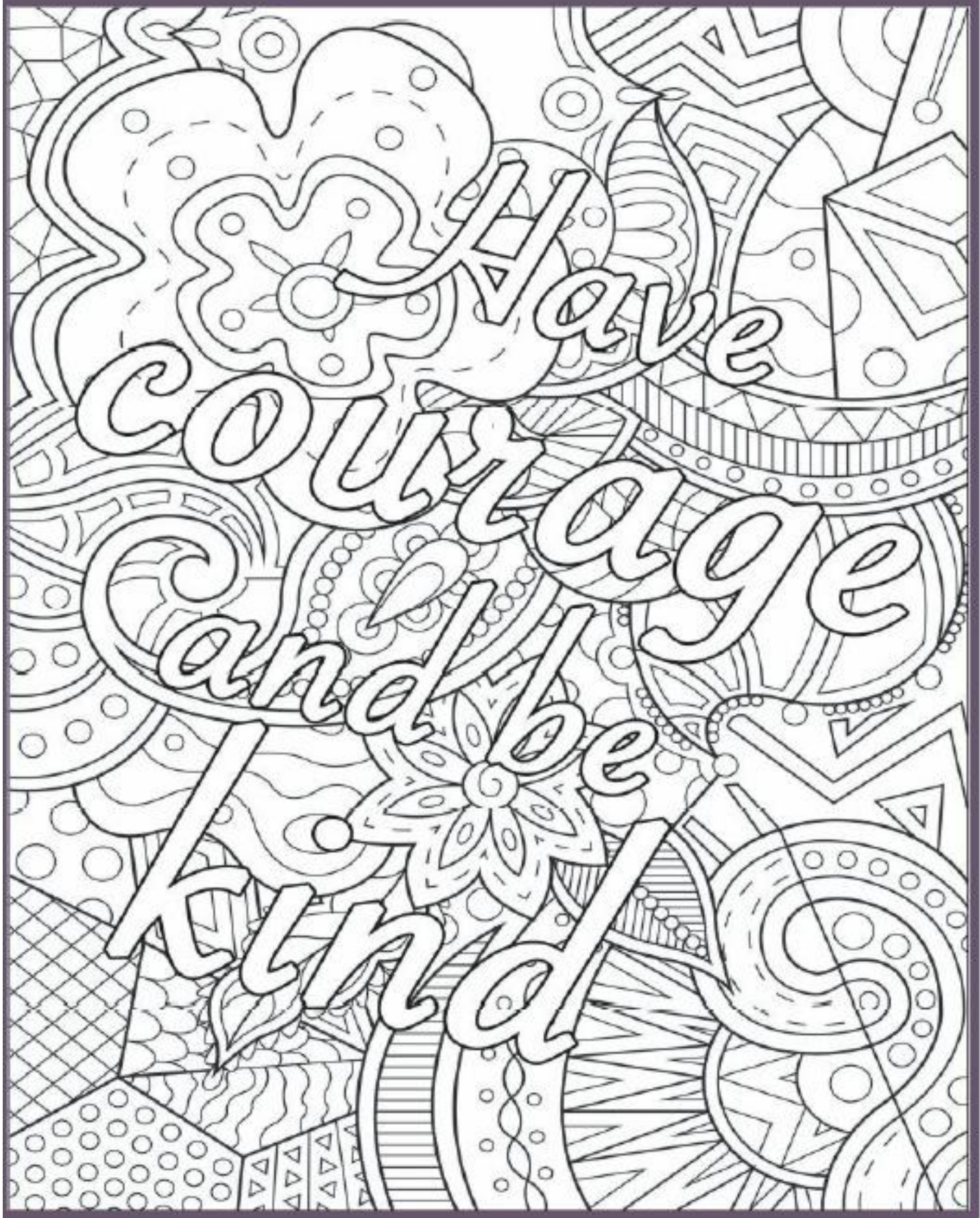
# Internet Safety: A Look at Informed Decision Making

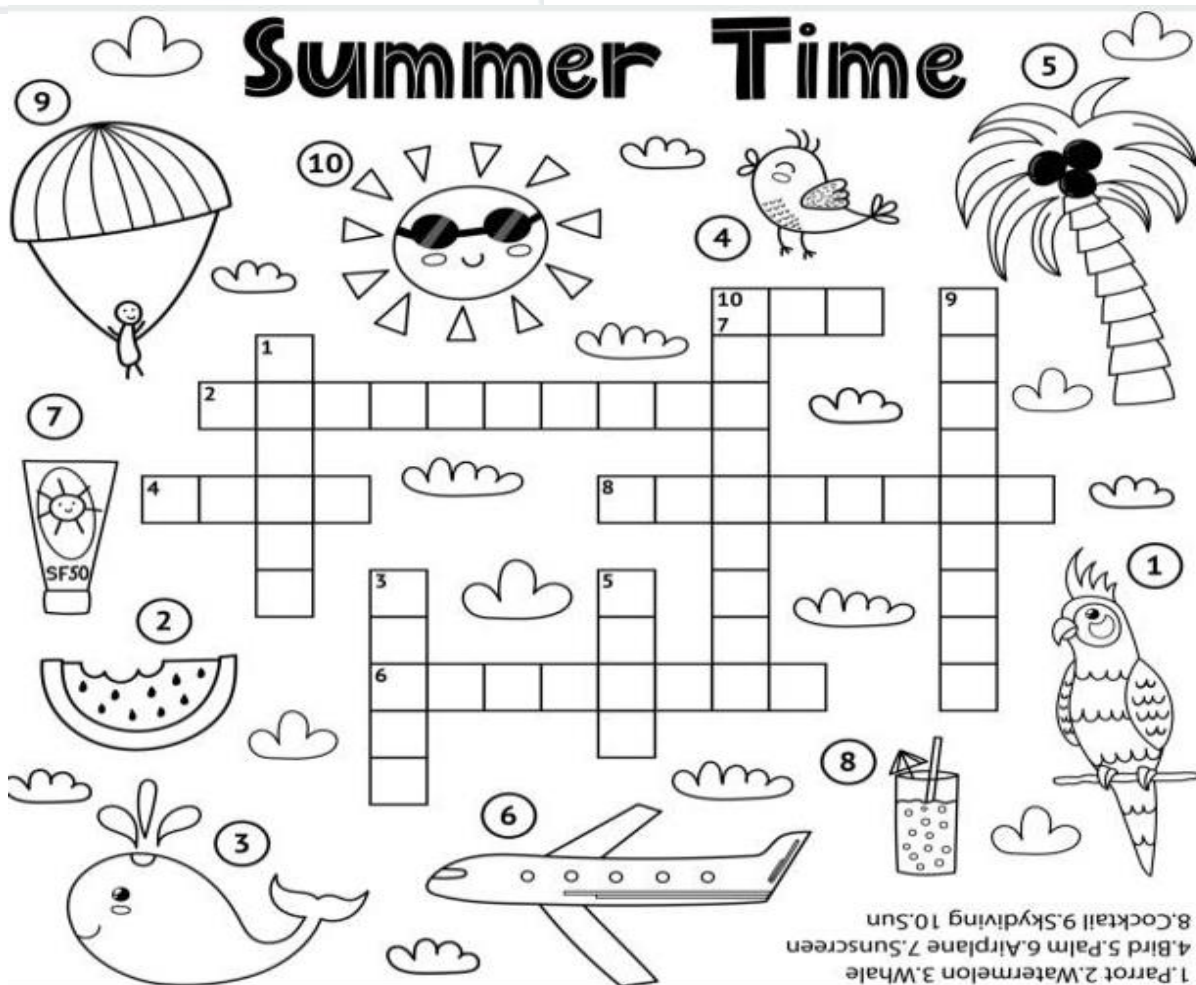
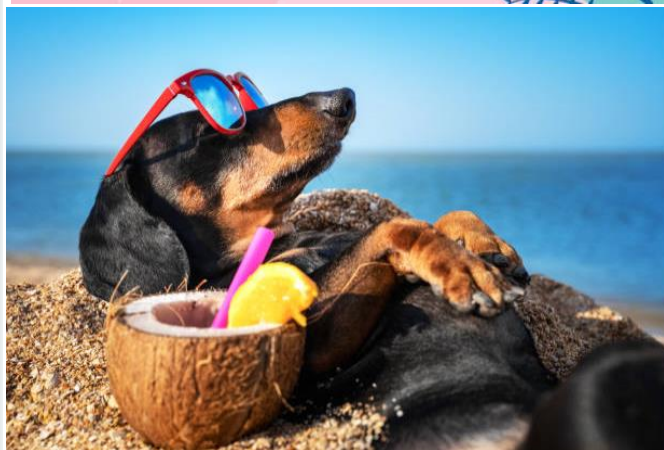


JUNE 30, 2021 AT 6:00P.M.

LEGISLATIVE CHAMBERS:

1<sup>ST</sup> FLOOR CITY/COUNTY BUILDING





# Dementia Care Specialist Webinar Series



In partnership with statewide dementia care specialists, the Wisconsin Department of Health Services will be hosting monthly webinars throughout 2021 for people with dementia and their family caregivers. Each presentation will cover a different topic and include practical tools and resources for families.

<b>Webinar Date</b>	<b>Topic</b>
January 13	Social Isolation
February 10	Intimacy and Relationship Changes
March 10	Incontinence Management
April 14	Care Transitions
May 12	Building a Support Network
June 9	Safety Planning
July 14	Driving
August 11	Grief
September 8	Palliative Care
October 13	Family Conflict and Changes in Social Support
November 10	Non-Pharmacological Approaches: Part 1
December 8	Non-Pharmacological Approaches: Part 2

## [Register Here](#)

All webinars will take place live from 12 to 1 p.m. on the second Wednesday of the month.

Visit the [registration page](#) to sign up for any of the monthly webinars.

If you are unable to attend live, all webinars will be recorded and posted on the Department of Health Services website at a later date.

Sponsored by:



**WISCONSIN DEPARTMENT  
of HEALTH SERVICES**



Aging & Disability Resource Center



## Join Us as We Go Purple in June!

June is Alzheimer's & Brain Awareness Month — an opportunity to hold a conversation about the brain, and share the fact that Alzheimer's disease and other dementias are a major public health issue. Alzheimer's disease is the sixth leading cause of death and impacts more than 6 million people. In Wisconsin alone, there are 120,000 living with Alzheimer's and 196,000 serving as caregivers.

During the month of June, the Alzheimer's Association® asks people around the world to wear Purple to raise awareness of Alzheimer's disease and the importance of brain health.

We encourage local business, senior communities and faith communities to organize a Go Purple campaign in June. Engage your community and workplace to pump up the PURPLE!

## The Day With the Most Light is the Day We Fight!®

The Longest Day is the day with the most light — the summer solstice. On June 20, people from across the world will fight the darkness of Alzheimer's through a fundraising activity of their choice. This is another opportunity for you to show your love during the month of June.

Show your true Purple and then promote your efforts via your social media channels! Let's put our Purple to Work to End Alzheimer's!

Your Friends at the Alzheimer's Association, Wisconsin Chapter



[www.alz.org/wi](http://www.alz.org/wi)  
24/7 Helpline 800.272.3900  
Hablamos Español 414.431.8811

alzheimer's  association®

Wisconsin Chapter

## Wisconsin Webinar/Phone Family Caregiver Education Programs – June



### 10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Wednesday, June 2, 12:00-12:30 pm | [REGISTER](#)

Monday, June 14, 1:00-2:00 pm | [REGISTER](#)

Thursday, June 24, 12:00-1:00 pm | [REGISTER](#)

### Dementia Conversations

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Monday, June 9, 12:00-12:30 pm | [REGISTER](#)

Monday, June 21, 11:30 am -12:30 pm | [REGISTER](#)

### Discover Palliative Care

Learn about Palliative Medicine role in dementia care. Presented by Mayo Clinic Health System. This event is part of a week-long initiative of the Dementia Friendly Community in La Crosse County, designed to raise awareness within communities.

Monday, June 14, 11:30 am -12:30 pm | [REGISTER](#)

### Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Monday, June 14, 12:00-1:00 pm | [REGISTER](#)

Wednesday, June 23, 12:00-12:30 pm | [REGISTER](#)

Friday, June 25, 12:00-12:45 pm | [REGISTER](#)

Friday, June 25, 4:00-4:45 pm | [REGISTER](#)

### Health Equity in Dementia Risk, Prevalence & Research

Alzheimer's is a global health problem with more than 6 million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions. Despite all the progress we've made so far, disparities still exist in dementia. The Alzheimer's Association is a global leader in research, mobilizing the field to advance the vision of a world without Alzheimer's and all other dementia. Dr. Percy Griffin, Director, Scientific Engagement, Medical & Scientific Relations of the Alzheimer's Association will provide a broad overview of the landscape of the disease, highlight early detection and diagnosis, and discuss healthcare disparities.

Friday, June 18, 9:30-11:00 am | [REGISTER](#)

### Healthy Living for Your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Wednesday, June 23, 1:00-2:30 pm | [REGISTER](#)

Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
You will receive connection information after you register.

## Wisconsin Webinar/Phone Family Caregiver Education Programs – June



### Legal & Financial Planning for Dementia

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive two-part program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you. This program will cover information for families and individuals dealing with Alzheimer's disease or a related dementia. This program will occur on June 15 (Financial Planning) and June 17 (Legal Planning).

**Tuesday, June 15 & Thursday, June 17, 4:00-5:00 pm | [REGISTER](#)**

### Living with Alzheimer's for Caregivers – Late Stage

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this 2-part series, you will have the opportunity to learn about the late stage of Alzheimer's disease and dementia, information about providing care, communicating, developing resources, working with your care team to provide an optimal end of life experience. Join us with guest speaker Marian Plummer, Care Transition Coordinator, St. Croix Hospice.

**Two Consecutive Days, June 16 & 17, 3:00-4:00 pm | [REGISTER](#)**

### Understanding Alzheimer's & Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

**Monday, June 7, 12:00-1:00 pm | [REGISTER](#)**  
**Monday, June 28, 12:00-12:45 pm | [REGISTER](#)**

**Wednesday, June 16, 12:00-12:30 pm | [REGISTER](#)**  
**Monday, June 28, 4:00-4:45 pm | [REGISTER](#)**

### Understanding Alzheimer's & Dementia and Discussion with Authors Martin Schreiber & Susan Marshall

Join us for this informative two-part session where caregivers can learn about Understanding Alzheimer's & Dementia (first 30 minutes). Following the 30-minute presentation, there will be a discussion and Q&A session with former Governor Martin J. Schreiber, author of *My Two Elaines*; and Susan A. Marshall, author of *Mom's Gone Missing*. These two caregivers, turned authors, will share about their journeys caring for a loved one with Alzheimer's or dementia (12:00-1:00).

**Thursday, June 17, 11:30 am -1:00 pm | [REGISTER](#)**

### Understanding & Responding to Dementia Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

**Wednesday, June 16, 10:00-11:00 am | [REGISTER](#)**      **Monday, June 21, 12:00-1:00 pm | [REGISTER](#)**  
**Wednesday, June 30, 12:00-12:30 pm | [REGISTER](#)**

### Wisconsin State Conference

We welcome you to join us for the 35th Annual Alzheimer's Association Wisconsin State Conference! This year's conference will be from 8 am - 12 pm on both June 9 and June 10. Registration is \$20 and will allow you to gain access to all breakout sessions listed below. CEUs will be provided through UW-Stevens Point. Sessions include: *Achieving Your Personal Best* - Bonnie Blair, Olympic Gold Medalist; *Understanding & Responding to Dementia Related Behavior* - Valerie Joy Hein Hamstra, Community Educator, Alzheimer's Association; *Driving and Dementia* - Sarah N Danforth, MS, OTR/L, Advocate Aurora Health; *Frontotemporal Dementia: 5 Top Strategies to Optimize Treatment, Quality of Life, and the Caregiving Journey* - Dr. Michelle Braun, Ph.D., ABPP-CN, Neuro Rehab Coordinator; *Are We Really Listening? Viewing Alzheimer's from a Cultural Lens* - Panel discussion with panelist from various cultures.

**Wednesday, June 9 & Thursday, June 10, 8:00 am -12:00 pm | [REGISTER](#)**

**Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).  
 You will receive connection information after you register.**



Join us for the 35th Annual Alzheimer's Association Wisconsin State Conference, recognized as one of the largest and most comprehensive state-wide conferences dedicated to Alzheimer's disease and other dementias in the country. This two half-day virtual event features compelling keynote speakers and topics suitable for direct care, health care, and family caregivers. Please share the word with colleagues, family and friends! Online registration is now open!

### **Event details:**

- June 9 and 10
- 8:00 a.m. - 12:00 p.m. daily
- Delivered virtually via Zoom (link provided after you register)
- Registration: \$20.00
- CEUs/CEHs available (additional \$30 if taking for credits)
- [FAQ for CEU/CEH credits, dates and access](#)

# Summer Word Search!



A T E B J E L Q C B M W J K A  
 O U V L N H J X B R A J R T W  
 A Y G E C Y U X X D E O A S T  
 W Z I U O I Y L B G R G J B H  
 D Z S P S T S U A O C U C H G  
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 V K X J A E N O I T A C A V S



August  
 Camping  
 Heat

Ice Cream  
 July  
 June

Pool  
 Popsicle  
 Sunglasses

Sunscreen  
 Swimming  
 Vacation



## Elder Benefits Specialist

Hello,

My name is Melissa Chase, I am the new Elder Benefits Specialist (EBS) for Fond du Lac County. I serve people 60 and over to help answer questions and solve problems related to Social Security, Medicare, health insurance and other public and private benefits.

The EBS provides accurate and current information on your benefits, suggest alternative actions that you can take to secure benefits or appeal denials of benefits, advocates on your behalf with other parties, explains what legal action or other possible solution is required, and refers you to an appropriate attorney when necessary.

The program is supported with funds from the State of Wisconsin and the Federal Older Americans Act. There is no charge for the service, but the persons assisted by the program are welcome to make a donation. Services will not be refused or limited in any way if no contribution is made. Services are provided directly by the Fond du Lac County Department of Senior Services. All donated funds will used to expand the program.

### **My Contact Information is:**

Direct number: 920-929-3521

Email: [melissa.chase@fdlco.wi.gov](mailto:melissa.chase@fdlco.wi.gov)

Location: City/County Building at 160 S. Macy St. Fond du Lac, WI 54935 on 3<sup>rd</sup> floor in the Senior Services Department.

### **A few updates in the "EBS World"!**

If you or someone you know has lost a loved one to COVID-19, there is financial help.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020. Please visit the website [FEMA Covid-19 Funeral Assistance](#) or by calling **844-684-6333** | TTY: **800-462-7585**.

Take advantage of the temporary FCC Emergency Broadband Benefit by visiting <https://www.fcc.gov/broadbandbenefit> or by calling 1-833-511-0311

Are you turning 65 soon or joining Medicare because of disability? Please register now for a free "Welcome to Medicare" Virtual Fair being held June 23<sup>rd</sup>. "visit" for any length of time between 2-6 PM CT. <https://www.shiptacenter.org/about-medicare/news> you may also call 1-877-839-2675 to register.



## Relative Caregiver Program

The National Family Caregiver Support Program (NFCSP) provides information, support and other resources to help grandparents and other older relatives who have taken on the responsibility of surrogate parenting due to the absence of the parents.

### WHO IS ELIGIBLE?

The following criteria must be met to qualify:

- Must be a grandparent or other relative of the child
- Must be age 55 or older
- Must be the primary caregiver of the child
- Child must be under 19 years of age
- **Must live with the child**

### WHAT CAN THE PROGRAM PROVIDE?

Some limited funding to help pay for short-term respite, services and items that help provide care including:

- Equipment and supplies necessary to care for the child
- Child care
- Extra-curricular school activity fees and supplies
- Tutoring or educational aids
- Summer camps
- Transportation
- Home modifications to create a safe environment
- Legal expenses related to establishing guardianship or custody
- Individualized services as approved that assist the relative in caring for the child

### HOW DO I APPLY?

There are no fees or income requirements to enroll in this program.

**Contact Lori, Fond du Lac County Senior Services at 920-906-4792**



**After being stuck indoors for months, it's finally summer! That means it's time to get outdoors and enjoy the sun, warmth, and activities that are made for this time of year!**

**Here are some 2021 summer activity suggestions:**

- |   |  |
|---|--|
| 1) Take a walk or Go on a Hike          | 23) Do a Craft   |
| 2) Go to the Beach                      | 24) Eat a Snow Cone                                      |
| 3) Have a Picnic                        | 25) Do a Random Act of Kindness                          |
| 4) Go Bowling                           | 26) Go Fishing   |
| 5) Go to an Outdoor Movie               | 27) Color  |
| 6) Watch a Sunset                       | 28) Make Origami   |
| 7) Fly a Kite                           | 29) Go to a Parade                                       |
| 8) Camp in the Backyard                 | 30) Read a Book- Outside if Weather Permitting 😊         |
| 9) Stargaze                             | 31) Go to the Farmer's Market                            |
| 10) Feed Ducks                          | 32) Write a Story  |
| 11) Grow a Garden                       | 33) Make a Scrapbook of Family Photos                    |
| 12) Go Swimming                         | 34) Make a Recipe Box full of your Favorite Recipes      |
| 13) Paint Rocks                         | 35) Volunteer  |
| 14) Watch Fireworks                     | 36) Play an Instrument                                   |
| 15) Go to the Park                      | 37) Make Homemade Jam                                    |
| 16) Go to an Historical Site            | 38) Help a Neighbor with a Chore                         |
| 17) Have an Ice Cream Cone              | 39) Research your Genealogy and Make a Family Tree       |
| 18) Bake Something Yummy!               | 40) Write and Send a Letter to a Friend or Family Member |
| 19) Watch the <u>Fireflies</u>          |  |
| 20) Roast Marshmallows and make S'mores |  |
| 21) Go Berry Picking                    |  |
| 22) Learn to Cook Something New         |  |



50 North Portland Street  
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Stephanie at 920-929-3466, TTY: Use Relay (711), or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).

**If you would like to request to be on the mailing list for our newsletter please call (920) 929-3466, TTY: Use Relay, or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).**

**Please watch for our Fall Edition of the Portland Resource in September 2021!**